

List of All Chemicals

P Taraxacum mongolicum (Asteraceae)

Common name(s)

Mongoloid Dandelion

How used

Medicinal

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
ARSENIC	Plant	--	1.95	-0.35	*
Activities (2)					
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Pesticide					
ASPARAGIN	Plant	--	--		*
CALCIUM	Plant	--	16900.0	0.35	*
Activities (28)					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihypertensive					
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antosteoporotic 500-2,000 mg/day					
Antiperiodontic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Laxative 1,000-1,200 mg					
Tranquilizer 500-1,500 mg/day					
Vasodilator					
CHOLINE	Plant	--	--		*
Activities (20)					
Antialzheimeran 5-16 g/man/day					
Antichoreic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anticirrhotic 6,000 mg/man/day					
Anticystinuric					
Antidementia					
Antidiabetic					
Antidyskinetic 150-200 mg/kg/man/day	Martindale's 28th				
Antihomocysteine					

Antinociceptive					
Antisteatotic					
Cardiodepressant					
Cerebrotonic					
Cholinergic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. <i>Herbal Medicine - A Guide for Health-care Professionals</i> . The Pharmaceutical Press, London. 296pp.				
Hepatoprotective					
Hypotensive					
Ileorelaxant					
Lipotropic					
Memorigenic					
Parasympathomimetic (1/1,000th acetylcholine)	Neuwinger, H. D. 1996. <i>African Ethnobotany - Poisons and Drugs</i> . Chapman & Hall, New York. 941 pp.				

COPPER	Plant	--	19.0	0.55	*
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Activities (12)

Antianemic					
Antiarthritic					
Antidiabetic 2-4 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antifatigue					
Antiinflammatory	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antinociceptive	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antosteoporotic					
Cardioprotective					
Contraceptive	Martindale's 28th				
Hypocholesterolemic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Immunomodulator					
Schizophrenogenic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				

INULIN	Plant	--	--	--	*
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Activities (19)

Alcohol-Dehydrogenase-Inhibitor (diagnostic)=50 mg/kg/ivn/man	Martindale's 29th				
Anticolic?					
Antidiabetic					
Antidiarrheic					
Antibesity?					
Antosteoporotic?					
Bifidogenic					
Chemopreventive (Breast Cancer)					
Chemopreventive (Colon Cancer)					
Expectorant	Pedersen, M. 1987. <i>Nutritional Herbology</i> . Pederson Publishing, Bountiful, Utah. 377 pp.				
Gastrostimulant					
Hypocholesterolemic					
Hypoglycemic					
Immunostimulant					
Laxative					
Lipolytic					
Prebiotic					
Probiotic					
Probiotigenic					

IRON	Plant	--	910.0	0.33	*
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Activities (6)

Antiakathisic	Martindale's 29th				
Antianemic	Martindale's 29th				
Anticancer					
Anticheilitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antimenorrhagic 100 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Prooxidant					

MAGNESIUM	Plant	--	4050.0	-0.01	*
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Activities (65)

AntiLyme	400-1,000 mg	
AntiMS		
AntiPMS	400-800 mg/day/wmn/orl	
AntiPMS	400-800 mg/day/wmn orl	
AntiRaynaud's	280-350 mg/day	
Antiaggregant	400 mg/day	
Antialcoholic		
Antianginal	400 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antianorectic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antianxiety	400 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiarrhythmic	400 mg/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiarthritic		Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiasthmatic		
Antiatherosclerotic	400 mg/day	
Anticephalagic		
Anticlimacteric	500-750 mg/day	Facciola, S. 1998. <i>Cornucopia - A Source Book of Edible Plants</i> . Kampong Publications, Vista CA. 713 pp.
Anticonvulsant		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Anticorony	400 mg/day	
Antidepressant		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidiabetic	400-800 mg/man/day	
Antidysmenorrheic	100 mg 4 x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiendometriotic	500 mg/day	
Antienteric		
Antiepileptic	450 mg/day	
Antifatigue		
Antifibromyalgic	200-300 mg 3x/day	
Antigastrotic		
Antiglaucomic		
Antihyperkinetic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antihypertensive		
Antihypoglycemic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiinflammatory	100 mg 4 x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinsomniac		
Antilithic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antimastalgic		Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal	500-750 mg/day	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimigraine	200 mg/day/man	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antimital-valve-prolapse		
Antinephrolytic		
Antineurotic		Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiosteoporotic	500-1,000 mg/day/wmn/orl	
Antiplaque	500-1,000 mg/day	
Antiretinopathic	400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic		
Antispasmophilic	500 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antistress	500-750 mg/day	
Antistroke	400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X	400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic	500-750 mg/day	
CNS-Depressant		Facciola, S. 1998. <i>Cornucopia - A Source Book of Edible Plants</i> . Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist		
Cardioprotective		
Diuretic		
Hypocholesterolemic	400 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Hypotensive	260-500 mg/day	
Immunomodulator		
Insulinogenic	400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Laxative	300-500 mg/day	

Myorelaxant 100 mg 4 x/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Neurotransmitter

Tranquilizer 500-750 mg/day

Uterorelaxant 100 mg 4 x/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Vasodilator

MANGANESE	Plant	--	178.0	0.58	*
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Activities (14)

AntiPMS

Antialcoholic

Forest H. Nielsen, USDA, Grand Forks, various publications.

Antianemic

Martindale's 28th

Antiarthritic

Antidiabetic 3-5 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antidiabetic 10-30 mg/man/day

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antidisctic

Martindale's 28th

Antiepileptic 450 mg/day

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiosteoporotic

Antitotic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antioxidant

Antisynrome-X 10-30 mg/man/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Hypoglycemic 10-30 mg/man/day

MERCURY	Plant	--	0.06	-0.5	*
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Activities (1)

Nephrotoxic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

POTASSIUM	Plant	--	22800.0	0.07	*
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Activities (14)

Angiotensin-Receptor-Blocker

Antiarrhythmic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antidepressant

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antifatigue

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antihypertensive

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antispasmodic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antistroke

Anxiolytic

Beta-Blocker

Cardioprotective 3,000-5,000 mg

Cardiotoxic 18,000 mg/man/day

Diuretic

Hypotensive

Vasodilator

SODIUM	Plant	--	763.0	-0.26	*
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Activities (1)

Hypertensive

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

TARAXAROL	Plant	--	--	--	*
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TARAXASTEROL	Plant	--	--	--	*
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Activities (2)

Antiedemic

Antiinflammatory 1/2 indomethacin

ZINC	Plant	--	34.0	-0.18	*
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Activities (77)

ACE-Inhibitor

Analgesic

AntiCrohn's	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiHIV	
Antiacne 135 mg/day	
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th
Antialcoholic	
Antialopeptic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiangiogenic	
Antianorexic	Martindale's 29th
Antiarthritic 50 mg/3x/day/orl/man	
Anticanker 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticolitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticoronal 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antitherapeutic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileptic	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antiobesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antosteoporotic	
Antiperiodontic	
Antiplaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antispare-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitinitic 60-120 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	

Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Immunostimulant	Martindale's 29th
Immunosuppressant 300 mg/day/6 wks/orl/man	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Leptogenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. <i>J. Pharm. Pharmacol.</i> 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Testosteronogenic 60 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th